

Metamorphosis in Nature as an Analogy for Human and Cultural Metamorphosis

By Eileen Bristol

In *How to Know Higher Worlds* (Ch. 2) Rudolf Steiner suggests as a first step in spiritual training to direct our attention to two contrasting processes in nature. The first is growth, budding and flourishing and the second is withering, fading and dying away. We are asked to open meditatively to that which we are seeing before us as well as the thoughts and feelings that arise. Through this process we begin to wake up to the spiritual that lies behind the physical world. We also develop a finer sense for these processes wherever they show up.

We know that each of humanity's cultural periods has its moments of glory and its periods of decline. These grander macrocosms are reflected in the smaller world pictures of individual human lives, specific human relationships, organizations, even single projects or daily activities such as exercise, meditation or our success at keeping our room or automobile clean and tidy. Repeating cycles of growth and decay.... growth and decay ... growth and decay. This is a universal experience.

Additionally we can observe dramatic shifts in nature. Picture the dandelion that has been contentedly creating one leaf after the other forming a beautiful green rosette close to the ground. Suddenly a flower shoot rises up into the air, defying gravity. Wow.

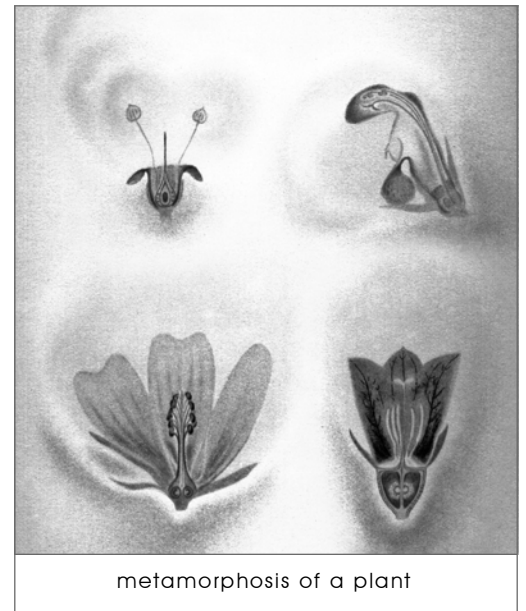
Do you ever have the unrealistic expectation that everything in your life will be linear? That things will just get better and better in a straight line?

If we are doing well with managing our temper and then backslide we can be surprised and disappointed in ourselves. If we were getting along with our roommate and discord arises we feel frustrated. Or likewise we can be practicing an art such as drawing or playing an instrument and feel we are not making progress. Voila! Suddenly something that was difficult becomes easy.

The human being is not a bag of chemicals. We are not machines. We carry within us huge cosmic forces. We have the amazing capacity to forgive. We have the amazing capacity to create. Cosmic rhythms of growth, decay and metamorphosis manifest in our individual souls and in our individual life paths.

I've always liked the old Zen saying: "*Before enlightenment chop wood, carry water. After enlightenment chop wood, carry water.*" It is up to us to do the best we can on any given day in our ever-changing circumstances, being of service in some small way or the other. Not forcing things, we can acknowledge that we as well as others have our low energy hours or days or weeks and our periods of high energy. We can accept failure when it comes our way. Gently coaxing ourselves along without forcing anything, without giving up, we develop a sense of detachment, an ability to accept who we are and at the same time to not limit ourselves.

Then each time we pause to experience the forces of growth, decay and metamorphosis in nature, whether it is holding a fresh orange in our hand or gazing on fallen leaves at the base of a tree, or watching cloud formations outside a window form and disperse, it becomes a richer and richer experience; an analogy of our own lives, awakening patience, compassion and a sense of wonder.



metamorphosis of a plant

*In the year's course
Alternate ceaselessly
Summers abounding growth
And Winter's Earth-repose;
So in the course of Man's life
Vigour of waking day
And peaceful bounty of sleep,
Yet does the Spirit-filled soul
live on-
Sleeping and waking.
So in the Spirit, the soul of
the Earth
Lives through the seasons'
changing-
Summer and Winter.*

Rudolf Steiner

- 1 **Metamorphosis in Nature as an Analogy for Human and Cultural Metamorphosis**
Eileen Bristol
- 2 **Greetings; Letter From the Editor**
Illuminations
- 3 **Featured Article; Wrestling with the Demon of Reaction**
Dennis Klocek
- 4 **Wrestling with the Demon of Reaction** cont.
- 5 **What are the Fruits of Anthroposophy for You?**
- 6 **What are the Fruits of Anthroposophy for You?** cont.
Illuminations cont.
- 7 **Art and Poetry**
- 8 **Book Reviews**
- 9 **Meditations**
So What's Your Experience?
- 10 **Self Awakenings**
- 11 **Wrestling with the Demon of Reaction** cont.
Studying Together
- 12 **Meditative Verse**

Poems, Artwork
and Letters Welcome.

If you would like to submit an article for publication please submit by:
August 30
for our next issue

Our featured article in this newsletter explores an issue that confronts everyone, all of us, from time to time. Our reactions sometimes overwhelm us, be it perhaps caused by experiences as children, socialization later in life or karma, we all react. Dennis Klocek in his article *Wrestling with the Demon of Reaction* explores ways in which we can come to recognize and neutralize the automatic responses welling up inside us in certain situations. When we come to experience these responses as hindrances to the person we would like to be, then read on, Dennis gives explanations cast in the form of the alchemical tradition and provides exercises that help us rid ourselves of such automatic responses. In our second article *Metamorphosis in Nature as an Analogy for Human and Cultural Metamorphosis*, Eileen Bristol writes about the waxing and waning from the great to the small in all of nature, including ourselves. Everyone struggles through well and woe with applying ourselves to the change we seek in our lives. When our energy is low, we try to remember that it doesn't matter how slow you go, so long as you do not stop. When sometimes we meet with discouragement, we stay with the intent of our striving and soon the withering will be replaced with blossoming. This metamorphosing also reminds us of the form drawing exercises you can find in a few earlier newsletters. If you sometimes get discouraged, perhaps practicing some of these will help.

We are grateful for the many APO Surveys you have returned. Please continue to send them in! You will find some of your responses under a new rubric called: *What are the fruits of anthroposophy for you?* Responses to the survey that focus specifically on meditative work are placed in the *Meditation* section. All of your responses made us realize the truth in what Rudolf Steiner said that spiritual awareness is a matter of where we focus our attention. It also made us wonder: Do you experience, in response to your own inner change, that some of the negative energy crossing your path is reduced, or evaporating? Please let us know. In our next newsletter we hope to publish more of your responses to the survey and we want to thank you each again for sharing your experiences with us about your journey with anthroposophy.

Blessings on your Path, Kathy Serafin

Illuminations

I am very much trying to get more inner strength and the resolve it takes to build on my esoteric teaching. It is not easy for me and I'm still trying to get my physical and mental health right. I am willing to make changes as I did choose and do want this, so please bless my inner work for me as I will keep working on it. *Tommy, Tehachapa, CA*

This has been the most awesome and outstanding studies that I have encountered. It has answered my questions that I have had since I was a child. Questions I knew the answers to, but could not prove until now. It's like a feeling that you know, but you do not know *how* you know. The book *Chance, Providence and Necessity* answered all my questions. I have always believed in reincarnation, because in the back of my head I still had the memories of my previous lives. It also helps me to know why children die so young, why some of us have out of body experiences and why some people have premonitions. *Anthony, Ft. Stockton, TX*

Although I may be inside these dismal crypts, I would still like to do a lot of research and learn new things. Some I already know and there's a lot more surprising and interesting knowledge that I hope to know. I can't begin to explain how grateful I am to have your program to receive such knowledgeable books. *Shelton, Marriana, FL*

I would like to commence this letter by expressing my gratitude for all you are doing to reach out to those who were raised and exposed to nothing but darkness – not able to decipher light from dark and currently separated from the outside world, community and society. We are very blessed human beings to have people like you to help open up the stormy black clouds and light to disperse upon us from the firmaments. I want to thank you all for the time, effort and compassion in helping our fellow brothers who are incarcerated. I've come to realize how many souls you all have touched and the many lives you have changed for the betterment of themselves as well as humanity as a whole. It takes a lot of courage and bravery to take on the mission and duties you have imparted and I honor that. I want to become a participant of the community you have created and begin studying taking advantage of the library. I truly appreciate your assistance in reuniting with our Creator. Once again, I want to thank those of you who have laid a brick in this abstract community, family and brotherhood. May peace and understanding fall upon your minds and hearts. *Daniel, New Boston, TX*

Many negative patterns have ceased and I am more focused on positive spiritual truths that I apply. *Mack, Miami, CA*

WRESTLING WITH THE DEMON OF REACTION

BY DENNIS KLOCEK

Sometimes we are confronted with our own automatic responses to certain situations. For example; we might respond angrily when we perceive we are treated with a lack of respect. This might or might not be true (perhaps the other person just has a bad day) but our reaction is automatic. It is as if our automatic response 'owns us'. When we decide that we don't want such automatic responses to situations anymore, we must embark on a quest of self transformation. Using alchemical imagery, this article presents several techniques to understand and take back 'ownership' of our responses; to get rid of the demon of automatic emotional responses.

The Alchemical Mandala

When we start a journey of self transformation we need a map, this map often takes the form of a mandala or sacred wheel. This is because the sacred journey never ends. It also usually brings you back to where you started, but the second time around you know where you have been. The mandala is a dynamic map of the stages of development that we encounter in the journey of self transformation.

The most basic mandala form is the four step diagram known to adepts as the rotation of the elements (see pg. 4). There are four stages. Earth (E) or fact consciousness, followed by Water (W) or awareness of processes, followed by Air (A), the phase where everything reverses, and followed by Fire (F), the consciousness that yields insight. Insight yields new facts so that when we get insight we start to come back to earth again. This pattern follows the laws of nature where earth is on the bottom with water above that and air above that and fire beyond that. When I begin to work on myself I put fire under the earth and everything starts to move. This is called 'moving your wheel' in the esoteric tradition.

Consciousness of Fire

In alchemy, the fire element is the great transformative force in the world that stands behind all changes. In the soul, the fire element has to do with the nature of the will that moves us into action. When working on uncovering the hidden will impulses in our soul we may be surprised to find that the fire or will in us is linked to very specific expectations. The expectations come from a habitual use of the will to satisfy desires. What starts out as an itch or urge deepens into a drive to satisfy the urge. At a still deeper level the drive to satisfy the urge becomes excessive and develops into the passionate will state of desire. When passionate desire becomes long standing in the soul it turns into an all consuming fire. This level of the fire stage of the mandala of consciousness most often leads to some form of destructive activity or acting out of fantasies.

To prevent the extreme acting out of fantasies, it is necessary to undertake some form of self development exercises. In the alchemical tradition the destruction found in the fire cycle creates the ashes that contain the seeds of new revival. In the twelve step program, this is the stage when a person realizes that he or she is powerless to solve the problem. This realization leads to new possibilities because the blame is no longer being projected out on others. In order to be in contact with what is new in our lives, that which arises out of the ashes of our thwarted expectations, it is very useful to learn how to transform our sleeping and dreaming. The portals of going to sleep and waking up in the morning are powerful events that are useful to those who wish to accomplish



what the alchemists called 'the waking dream'. To begin to approach the waking dream an effective exercise is to simply make a note of what thought moves us out of bed in the morning. Keep a journal handy to write down the thought that you wake up with, the thought of the threshold. Once we find the threshold we can begin the work of transformation of desire. Consciously experiencing the thought that drives us out of bed in the morning is a valuable key to understanding how the forces of desire and expectation are active in our lives.

When an alchemist starts to work on him/herself, this beginning stage is known as 'putting the fire under the earth.' When 'putting the fire under the earth', the alchemist is working against the natural order of things or 'working against nature'. To cook a meal is working against nature according to alchemy. To cook my beliefs about myself is to change the unconscious patterns in my life that are not working for me. In this important work I learn to overcome the things that are holding me back from reaching my goals in life.

Consciousness of Earth

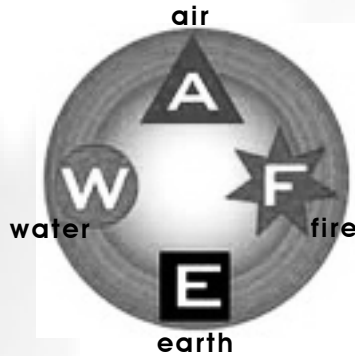
If I wish to change something in my life, a good method is to ask myself a series of questions that help me to change. It is always useful to begin a series of questions by starting at the earth level of the mandala. The question that puts my mind at the earth or ground level is *what is the issue behind my wish to change?* This question limits my thinking to one focus. Having only one focus is useful to me. It prevents me from being overwhelmed when things actually begin to change. Finding the issue behind my wish to change something particular in myself is very grounding when I am beginning the process of sorting out the tangled webs of feeling that flow through my unconscious life. To find an issue, a good question to myself is: *What is holding me back?* Related questions are: *What if I didn't have this issue? What would my personality be like? What would I do with the energy that would be freed up if I stopped going around in circles with my issue?* These questions open the door to self transformation. They ground me in focus on one issue in my life that is robbing me of energy to change myself. The single focus makes this practice an alchemical earth consciousness.

Consciousness of Water

In water consciousness, people come into contact with the flow dimension of the practices leading to self transformation. An initial step in learning to do this water alchemy of flow is to ask myself: *What is it that makes me irritable in a given situation?*

WRESTLING cont. from pg 3

Once found, an irritant can be transformed in such a way that it becomes a key to understanding free and creative flow unencumbered by the conditioned response, or free from the demon of reaction. To accomplish this shift, it is very useful to train my attention to participate in the consciousness of the water element. When I am in water consciousness, I am able to form an inner picture in which I see just how irritation around a simple issue limits my ability to achieve creative flow. As we saw in the earth mode, the most successful attempts at self transformation come from singling out just one simple issue that promotes a reaction in me. It may be that the lunch line always moves slowly or that the cell door next to you has an annoying rattle. Simple irritations like this are very useful for exploring the methods of water consciousness. When I can identify a simple issue that is an irritation, the first step is grounding it in the earth consciousness. As has been said before, earth is about control by limiting focus on one thing.



Irritation often arises when I feel that I am not in control of situations connected to something that is an issue for me. Identifying a source of irritation is fundamental when I want to teach my soul to flow creatively. To help me to do this, it is very effective to form inner pictures of the timing in which simple irritations arise in me. This means to pay attention to the time between when the irritating situation happens and my reaction to it. Some reactions are very healthy. When a reaction is due to the present situation then that can be healthy. Most often however, the present situation triggers deep seated feelings and resentments that are not connected to the present situation. These feelings tend to arise automatically when my soul life is not in balance. If an irritation triggers a response but the response is flooded with automatic reactions stemming from past unaddressed situations, then I need to challenge my response and wrestle with that demon of reaction at close quarters. I do that simply by noting that my reaction to the situation has a lot of old emotional feelings in it and is not a true feeling response to the present situation. I can ask myself the question: *Do I really need to get bent out of shape by this, or is my feeling of reaction related to something else?* This is an earth gesture in the process. Using the mandala accompanying this article I can place my reaction in the earth category by asking myself the what, when and where questions. *What is causing my reaction? When did I notice I was reacting? Where will this over reaction lead?* These questions help identify my irritation by asking the earth questions: *what, when, and where.* When I have identified a reaction and asked the earth questions, I can then add the water questions: *who* and *when.* These are water because the consciousness of who did what, and when did they do it, requires that I have a sense of the sequences of feelings connected to my reaction. With who and when I move away from the realm of facts and move into the realm of motives and processes linked to my reaction. Water consciousness is very useful for working to slow down reaction times between the irritation and the response. However, the questions of when and who often lead very quickly into the land of blame and shame. When I go there it is next to impossible to monitor a reaction. I need to practice a little bit to deal with the flowing consciousness of the water level of the mandala of transformation.

To be able to enter water consciousness successfully I can practice by making a little movie in my inner eye of just how who does what, when I have identified a reaction pattern. I want to practice this on my own in a more peaceful time when the reaction to the issue is not living strongly in my soul. Making a little movie of how the reaction to irritation arises in me is known as an ABC exercise. Though simple, it represents a profound state of water consciousness. In the ABC exercise I imagine who is doing what when I get irritated and I have a reaction. I then form a three step sequence in my mind's eye in which I visualize what comes first, what comes second and what comes third in the irritation process. First comes some irritating event (A), then comes my reaction (B), then comes a reaction to my reaction (C). In a quiet time I run the movie ABC and then dissolve the movie and try to listen to my heartbeat in silence.

By repeating this little visualization we are working towards a consciousness that will eventually reveal to us the how of the irritation. By forming and dissolving a moving image of the irritation, reaction, and reaction to the reaction, I am creating a little space in my soul for some other forms of relationships to form in my mind around that particular irritation and reaction cycle. It is useful to do this exercise in quiet times during the day. However, the movie is especially productive when viewed just before going to sleep. Then in the morning, get quiet and listen to your heartbeat for a moment before thinking about the sequence and write a bit about how it changed overnight in your mind.

Consciousness of Air

When we put off addressing the unconscious sources of irritation in our lives, a natural psychic process unfolds that enhances the accumulated irritations into excessive reactions. In challenging situations the accumulated irritations create patterns of reactive responses instead of authentic interaction with the daily round of changes. When this happens we are reacting to emotional pictures that are not part of the present situation, but are grounded in the past and solidified in our awareness. There are two directions that these reactions usually follow. One is blaming someone. The reaction in this is flowing out. Another is anxiety and doubt. The reaction in this is flowing in. Over time chronic reaction patterns create states in which our psychic energies are flowing out in blame and inward in anxiety patterns in oscillations that take up most of our daily lives and drain us of any emotional stability. When anxiety and blame become chronic that is known as a syndrome.

YOUR DONATIONS
WELCOME!

This program relies
on gifts,
if you can help please
send a check to:

Anthroposophical
Prison Outreach

1923 Geddes,
Ann Arbor, MI 48104

All Donations are
Tax Deductible

Design by
Patricia DeLisa

cont. on pg 11

WHAT ARE THE FRUITS OF ANTHROPOSOPHY FOR YOU?

SINCE I'VE STARTED STUDYING anthroposophy I am better able to relate to others. I now know how I fit in the world. I have a much better perspective to work from. I have lost my restlessness. I often think of the genius, the opportunity that our life provides. I feel that every setback is an opportunity to learn. I no longer place myself above others. *Christopher, Ione, CA*

BY READING some of the books I've started to gain a deeper insight into things. *The Fifth Gospel* by Steiner gave me a great view on Christ and his life. It taught me to look deeper into what I read and get the full meaning of it. I have learned to humble myself more over the past year or so. Try and be more Christ-like which is impossible but that is my goal. *Johnny Ray, Key West, FL*

I AM A TOTALLY DIFFERENT PERSON. Although I'm more withdrawn from the mainstream I am now more a part of the true world. My life is full of peace. That is because now my questions are answered. Not all, but confusion is gone from my life. *Shelby, Palestine, TX*

I HAVE DEVELOPED A BETTER UNDERSTANDING of who I am and found ways to reflect on who I was, so as to become a more positive person; compassionate and forgiving. I am not constantly critical of others in my thinking or quick to become hostile and/or aggressive (defensive) in my actions. I am much more relaxed in my demeanor and at peace with my environment. *Esca, Corcoran, CA*

IT HAS HELPED ME to learn about virtues, patience, fortitude, temperance and how to see things with a broader mind. *Robert, Colomys, TX*

HAVING BEEN an extremely emotional person prior to APO, it has helped me to control myself better and be more reflective. I am more positive, I don't hate like I used to, and I present myself to others better and with more confidence. I try to use patience, understanding and thought instead of violence or shutting out. I would always argue with people, even strangers. Since I've learned to control feelings, emotions and actions, I tend to have better conversations. I am not as bitter as I once was and it dissipates more everyday. Now I'm filled with more understanding and feel more optimistic. *Michael, Greenville, IL*

IT HAS TAUGHT ME to be patient and listen, and to not only to see things from my own point of view but to take into consideration all people involved. *Derrick, Laurinburg, NC*

ANTHROPOSOPHY HELPED ME to better understand my human nature and my relationship with God through my spiritual nature. My vision of humanity as a whole has changed completely and I see life has a purpose now. My relatives have noticed the difference in me and they are trying to learn from me now. *Cesar, Texarkana, TX*

IT HAS SOFTENED ME in compassion but has strengthened me in assertiveness. *Sarah, Pearl, MS*

IT HAS HELPED OPEN ME to the realities of there being so much more to existence than what I see in the moment of living daily life. And that in seeing this, how much more there is to daily life. *Pete, Corcoran, CA*

STUDYING ANTHROPOSOPHY has helped me to better understand who I am and why I'm here. It has also helped me to better understand my fellow man. I'm far less judgmental now that I understand everyone is working out their own karma in their own way. Though conscious of it or not, we are all on the same path. It has given me a desire to know Christ, to really open myself to and receive Christ with all my heart and soul. It has given me hope for when I get out; to show my children love and guidance in ways I would not have known possible before. I have noticed some definite changes in my thinking and feeling and maybe some subtle changes in my will. I'm very aware now of my thoughts, whether they are moral, productive thoughts. I

surprise myself at times how quickly I replace 'wrong thinking' with the proper thought and how seldom I have to. I'm aware of when my thoughts are wandering. Sometimes I just let them wander and observe what feelings they contain or what feelings have prompted them. I've noticed that I'm able to control feelings such as anger or resentment now. In fact I hardly notice them arising anymore. I'm quick to notice when I'm feeling antipathy toward someone and correct it. Or at least try and understand it and not hold it against that person. I have noticed I don't get angry or frustrated nearly as easy. When I first came to prison five years ago, (and in my life before that) if someone said or did something that I didn't like or agree with I would get angry, sometimes to the point of violence. Since I've been studying anthroposophy I've noticed that instead of letting someone upset me, I stay calm and think first. Maybe this person doesn't realize he's offending someone, maybe he doesn't care, maybe he doesn't know any better. I realize if I let someone goad me into anger I'm not in control of my self. In other words I'm not thinking from my higher self. *Conley, Palestine, TX*

I AM NO LONGER in a fantasy world (television) and now since I feed my mind anthroposophy, when I go to sleep I actually hear my mind teaching me! *Carlos, Menard, IL*

APO HAS AFFECTED ME deeply inside and has changed me, taught me a whole different way of seeing things. Spiritually, the fruits that it has yielded me are: understanding others – their sorrow, and their pain. *Ezechial, Ft. Stockton, TX*

ANTHROPOSOPHY has given me the ability to tap into those dormant areas of spiritual knowledge and understanding. And the ability to develop mastery over anger and a heart of forgiveness. *Ernesto, Tehachapi, CA*

I HAVE GROWN and have become more whole and a more compassionate understanding being. My whole life and feelings are growing. I experience new trials and welcome them as opportunities. *Dwayne, Ione, CA*

ANTHROPOSOPHY has affected my life in many ways; one of the most important is my view of the world and human life within it. *Terry, Waynesburg, PA*

I ACCEPT THINGS the way they are and not resist it. I try to find purpose and meaning in every situation. It gives me strength and peace. There is more clarity and order in my thinking. My feelings aren't as negative. I pay more attention to what I am doing. I approach things with more openness and a positive attitude. There is more of calmness in me. I'm not as reactive to situations that I might have perceived as negative before. *Sonny, Vacaville, CA*

THIS HAS HAD A VERY POSITIVE affect in my life when I look at the positive steps I have made in being a better human being. When I can think what has streamed through me with anthroposophy it gives me the inspiration, courage and conviction to continue. It is a matter of being more conscious in these areas. A kind of spiritual conviction enters into me where only a lower element existed before. A help or hinder to humankind as a whole. Rather than merely existing in a world of effects I am becoming more acquainted with causes. I allow thoughts and feelings and acts of will to be practiced regularly. These themes develop from the stillness into an expression of freedom that acts as a kind of moral/spiritual fiber underlying all that is experienced throughout the day. I am beginning to think/feel and will from a point of view that is not so self centered. Hope has done much to replace the despair and hopelessness that at times crushed all aspiration to 'get up' and 'get going'. Patience has also entered into a place where it had not otherwise existed, but most importantly, truth has become more of a central focus. I have learned to be more honest with myself and others. *Alexis, Holdenville, OK*

WHEN MY BROTHER passed away a few years ago. I think my studies of anthroposophy helped me with the grief. *Michael, Michigan City, IN*

I HAVE LET GO of negative thinking. I try to listen and not form negative opinions. I am a more positive person. My inner peace is better as well. *James, Menard, IL*

IT HAS OPENED MY EYES to a new way of thinking – I see people, situations and life differently. *Jack, Represa, CA*

IN PRISON, it has helped me to understand that I don't have to judge people, there is no good or bad, just different. I'm thinking more positively about life in the spiritual. I feel more alive and artistic and I try to do what I say I will do. *Sean, St. Johns, AZ*

I'M LEARNING to love all things unconditionally and this has me not thinking, feeling or doing anything out of anger and prejudice. I've begun to appreciate all the adversity life has offered me as opportunity for my growth and I practice detachment (not indifference) to that which delivers that adversity. *Terry, Greenville, IL*

LIFE HAS CHANGED for the better. I can see situations come to me in my dreams on a daily basis. My dreams help me to become a spiritual man, my own spiritual awakening. I look at life with hope and feel good about it. *Johnny, Auburn, NY*

NOW I THINK before acting. My feeling has totally changed and I am doing my time better. *Jamie, New Boston, TX*

I AM THINKING that everything is a part of the whole. I am feeling more relaxed now and I am painting art, and playing the guitar. *Alonzo, Leavenworth, KS*

I THINK with a relaxed mind, I feel more spiritual, I do things with more gratitude and understanding in all that I do. *Robert, New Boston, TX*

I LOOK at all situations more slowly, being more proactive compared to being reactive, also more stoic with emotions. I used to be angry, violent, and quick tempered, but within the last few years, my tolerance level is very high now. *Darryl, LaBelle, PA*

MY FIRST 16 ½ YEARS in prison was spent on death row. The investigation and reading of anthroposophy brought me a calm in seeing that existence isn't finite...rather a continual process where one eventually gets it right. I'm less reactive on impulse. I'm taking time to let things unfold more before acting and allowing myself time to see varying ways to make choices. *Peter, Corcoran, CA*

YES, EVERYDAY is telling me I'm changing in a positive way. I feel that radiance around me. It gives me a purpose to live and grow. *Alexander, Abilene, TX*

International Meeting Anthroposophy for Prisoners

A "How to" Meeting for those interested in starting programs in their country.

July 24 & 25, Ziest, Holland

For Details contact
Kathy Serafin
prisonoutreach@anthroposophy.org

Illuminations *cont. from pg 2*

START NOW taught me how to discipline my thoughts, distinguish the essential ones from the non essential ones and be nonjudgmental. I took notes on the 8 soul processes to develop the 4 chakras. It also showed me how yoga, Christianity, and the Rosicrucian Paths overlap, so I've learned a lot! Thank you so much for helping us for free. It's making me a more loving, tranquil, thankful person who blesses others rather than criticizes. God bless you for your altruistic service. *Joseph Frank, Tennessee Colony, TX*

THROUGH THE STUDIES and practices offered I have become much more connected spiritually and more sure of what I am seeing. With this I am becoming much more balanced emotionally and I'm now working toward being more of a benefit to mankind rather than a burden to society as a prisoner. *Worden, Seward, AK*

I THINK our minds are very powerful tools if used right. I want knowledge, peace, humility, love, understanding compassion, service. Self improvement awakened every point of my being and universe. I'm 54, presently been in prison 30 years on a life sentence. I love to learn and teach and serve, I love life. *Kenneth, Lexington, OK*

YOU HAVE NO IDEA the light you are shining in this darkness. *Richard, Tennessee Colony, TX*

THE DISCIPLE whom Jesus loved and *The Incredible Births of Jesus* I found deeply thought provoking. Until reading the two books authored by Smith I had been vaguely acquainted with esoteric biblical thought. The two accounts have illuminated my former lack of biblical understanding to where it now aids me, intellectually and in other areas of occultism. I always knew the Bible to be a highly codified book – the first word "Holy" even implies just that. However, after reading Smith's two books, his insight has been somewhat of a flaming torch, dispelling the heavy shadows from this ancient mysterious knowledge of men's long distant past and future. Thank you for these. *Jason, Somers, CT*

I WOULD LIKE some material on the senses and their relation to the cosmos. My senses have been sky rocketing uncontrollably lately and in my confined environment I find it a burden on advancement. I have reached a point in my search for self-mastery that I never thought possible. Now I continue fighting off Lucifer and seeking the remnants of what I call the truth left in my life. I have been in search of control and find difficulty in this topic; specifically with my tongue. I see opportunities at my door but have trouble seeing them clearly. If you could send me anything for guidance on my path I would appreciate it for I have found this path but am fluctuating in the process of spiritual growth between control and confusion. Thank you for all your help! *Kyle, Milton, FL*

I REALLY APPRECIATE you sending me *Founding the Science of the Spirit* and *Study of Man*. For the past three years I have been studying anthroposophy. I think Rudolf Steiner was a man way ahead of his time. I am so glad that his work is available for so many of us who find the study of spiritual science so encouraging and inspiring. I am a Roman Catholic, I am 59 years old. Reading the material has opened my eyes and ears and has increased my faith in Jesus Christ. There are times when I will be talking to someone and share some of the material that I have read. There is a certain spark or call it an "awakening". Whatever we call it, God is with us and our spirits feel his presence. *Richard, Ft. Stockton, TX*

Art and Poetry

Out of the Soul

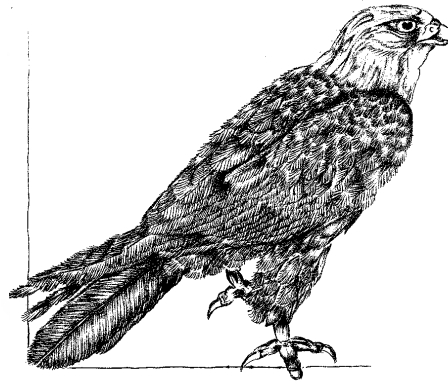
Imagine being an anthropologist
And going -
Through a murder trial.
So surreal.
Something from twenty years ago.
The Soviet Union still existed then.
So long ago.
Yet it happened.
Something happened. Something -
Psychopathic
Something you did.
You wish you could undo it.
So wrong.
You see it now, like the pain -
In everyone's faces.
So much pain.
You wish you could fix it.
The harm. Irreparable harm.
You harmed them so badly.
Everyone. And you think:
My God, what have I done?
You deserve to die.
You want to live.
Such a contrast, like the judge's young voice
Sentencing you to death -
Once again.

Mark, Livingston, TX



Joseph, Fairfax, SC

We must open our inner hearts,
In which we can only then know love,
For our thoughts are fleshly impure,
We must overcome the will of the inner man.
Only then will we know the true path,
Set before us shrouded by deceptive mist.
The mist which seems overpowering,
Unbearable at times.
Love of fellow men and women will make
Even the hardest of hearts bleed with
Compassion and remorse
We must build and plant seeds of love,
So humanity will not wage war among
Thyselves, but indeed will build alliances
Of trust and not as history reflect, death
Carl, Calico Rock, AR



Dwayne, Ione, CA

Angels and Men

I've fought in battles of angels and men,
I wonder will I be summoned again.
To carry weapons of Heaven and Earth,
I now cherish life for all that its worth.
Though I recall how, like stars, many fell,
And he took the keys and gateways to hell.
I now walk among the children of men,
Awaiting the day I'm summoned again.

Dawon Ward, Lexington, OK

Gifts

Deeply embrace
The purest gifts,
Sent by the Word,
Into your soul
They are born
And
Grow in the heart,
Unfolding new secrets,
Into human
Life.

Marian, a mentor



Jayson, Huntsville, TX

Book Reviews



Intuitive Thinking as a Spiritual Path Rudolf Steiner

Intuitive Thinking as a Spiritual Path – wow! Not what I expected. This was the most purely philosophical study I have ever encountered. It's the book I've been searching for since I discovered philosophy of any kind. The ideas developed in this study (I don't know what else to call it) about freedom of will, monism and pure thought were extremely fascinating and reached far beyond what I have ever considered. The book was one of the most difficult I have ever read and required of me re-reading of some paragraphs and chapters as I progressed – but was so very worth it. It opened me to an entirely new school of thought. Don't be surprised if I request this book again in the future for further study. *Joseph, Galesburg, IL*

The Evolution of Consciousness Rudolf Steiner

The Evolution of Consciousness is a book that stimulates the individual's spiritual capacity to awaken to the evolution of universal consciousness through individual and or collective initiation.

This unusual book is extraordinary in its kind. It can become a real treasure house of enlightenment. It provides the reader with a path into the *Evolution of Consciousness*, and it provides the reader with a path into the forms of exercise and practice. It illustrates techniques that take the reader beyond initiation to show how the universal evolution has influenced planetary karma hierarchy and the concentration of laws and activities of the cosmos. The origin and the destiny of consciousness as revealed through initiation knowledge is a must to read. Read it! *Ozzie, Railford, FL*

How to Know Higher Worlds Rudolf Steiner

Steiner shows in *How to Know Higher Worlds* that Christianity is not exempt from the prerequisite of the process of becoming “born of the spirit” and awakening to the new and living way of rightly perceiving, seeing and knowing the higher worlds that are destined for all human beings. I for one have begun to understand, with Steiner's help, that all major religious scriptures, be they Hinduism, Buddhism, Taoism, Islam, or the ancient spiritual beliefs of the Egyptians, all connect to the work of Jesus the Christ. Steiner's book *How to Know Higher Worlds* can and will help to show the way to awaken into rebirth of the spirit. *How to Know Higher Worlds* shows the way to live and have our being, move more effectively and more productively in the worlds of the soul and the worlds of the spirit. *John, Ellsworth, KS*

The Archangel Michael His Mission and Ours Rudolf Steiner

In this lecture cycle, Steiner uses a sober clarity of form to present the mission of the archangel Michael in relation to evolution, humanity and the return of Christ in the etheric. The whole of evolution is brought to light to set the focus for our time to recognize the Christ's return to man in our etheric and the importance of not letting this event occur unrecognized as the forces of darkness would wish. Michael now paves the way along human evolution to bring to full consciousness the ability to be able to perceive the soul spiritual thought forms of the divine, not through the head surrounded by Luciferian forces, or through the body's sense perceptions which house the forces of Ahriman, but through the heart. Whereas Lucifer would want for us that our fantasies become realities and Ahriman continually trying to introduce a personal element into the wishes that motivate our will, we must of our own free will, let ourselves be imbued by divine ideals (not I but the Christ in me) that we can carry over into our wishes hence into our willing, our deeds. As the Christ became flesh and dwelt among us, we now must make the flesh become spirit and in full consciousness and focus on the spiritual. We must rise above the physical and see ourselves as spiritual beings; this is Michael thinking.

Thus Steiner says: “We need to confront life today with a state of soul that is truly aware in every waking moment of the supersensible into immediate surroundings. We must resist the illusion that human beings are real because we see them and that spirit beings are unreal because we do not. As soon as the spiritual nature of human beings ceases to be mere theory and become instead a vividly felt soul reality, ennobling us to see the supersensible in our fellow human being, then we will begin to cultivate within us the faculty of perceiving the Christ-Impulse everywhere in our midst.” This Michael path leads to the path of Christ. *Robert, Cresson, PA*

Self Transformation Rudolf Steiner

The book *Self Transformation* is comprised of twelve lectures, each deal with development of our higher-self using the concepts of imagination, inspiration and intuition. The Esoteric Christian or Christian-Gnostic path is also revealed as well as the Rosicrucian way (which has existed since the fourteenth century). Rosicrucianism arose when the Christian-Gnostic path increasingly questioned the conflict between faith and knowledge; which has continued to this day. The description of the spiritual world that is attained through the exercises is in itself a great study for the soul to benefit and to understand its life between death and a new birth. But the lecture that spoke to me the most was the one titled “Practical Training in Thinking.” This lecture gave a number of exercises for the development of meaning, an exercise for the development of memory and an exercise “that is to be practiced spiritually by those to whom the right idea usually doesn't occur at the right time.” Here it is shown that what is considered ‘practical thinking’ is often not thinking at all, but the continuing pursuit of traditional opinions and habits. The information in this chapter helps us to distinguish between genuine thinking and so called ‘practical thinking’, which is merely reasoning in traditional ruts of thought. *Robert, Cresson, PA*

Path of the Christian Mysteries Virginia Sease and Manfred Schmidt-Brabant

Anyone interested in understanding the deeply occult significance, and relevance, of the Christian pilgrimages such as The Camino de Santiago de Compostela will be unable to put down *Paths of the Christian Mysteries* by Virginia Sease and Manfred Schmidt-Brabant. This book is a series of 13 published lectures; topics include such jewels as the Cosmic Origin of the Grail Mysteries, Grail Initiation, the Esoteric Music and Sounds of the Pilgrims, as well as the World Mission of the Templars as Emissaries of the Holy Grail and Rosicrucian impulses in America. This book is replete with so many little known gems of occult history that they alone make it a worthy addition to anyone's study; but when considering the information it contains as a whole, its place in the possession of any true student becomes necessity. Francis Bacon once wrote, “Some books are made for tasting, and some for swallowing, but others are made for chewing.” This book, *Paths of the Christian Mysteries*, is clearly for chewing. The only error one could make is to read it but once. *Richard, Tennessee Colony, TX*

Meditations

I am currently working on *Enlivening the Chakra of the Heart*. I'm trying to concentrate on the first three exercises: *Control of Thinking, Control of Will, and Control of Feeling*. At best I am taking baby steps, although I feel as Mr. Steiner is speaking to me from beyond the veil. I do feel the beginning of the etheric streams and learning to better myself. I look forward to learning and experiencing much more. Thank you so much Rudolf Steiner. *Douglas, Cresson, PA*

Meditating calms me down! *Everett, Delano, CA*

I meditate at least once a day to clear my mind and to get my body in tune; not only with the forces of nature but with the elements as well. I try for the most part to bring my spirit back into alignment with the spiritual world. Meditation gives me peace and comfort. It also helps me to look at reality in a whole different way. I feel empowered and that there is nothing that is impossible. *James, Sneads, FL*

I tried the Rose Cross meditation and it helped me to absorb negativity and turn it into positivity. *Derrick, Laurinburg, NC*

It creates peace that surpasses understanding. *James, Iowa Park, TX*

I try to meditate every day but it's not always easy with the noise and all. Meditation gives me a feeling of being in charge of my destiny and an overall sense of well-being. I approach everything differently now. I meditate before doing things. It's helped me make better choices. *Brother Gerald, Dillwyn, VA*

It comforts me in the time when I would have normally acted out. *Joseph, Midway, IL*

I meditate daily and am more relaxed. Things that used to upset me don't phase me at all anymore. *Hal, Beaumont, TX*

I meditate as often as I can everyday. It brings me peace and gets me centered. It helps with patience and wisdom. I get something that I can't put into words each time I meditate. It's clarity but it's different. *Jack, Represa, CA*

The exercises are absolutely wonderful, they are a great foundation to building and I use them every day. All the meditation exercises I do today are from anthroposophy except the macro and micro cosmic chi meditations that I still practice from the Dao. I find the meditations very good. *Terry, Greenville, IL*

I find the drawing/writing exercises enlightening. I live in a dorm environment so cannot practice the physical exercises. I use the Rose Cross meditation and the plant meditation and find them both very effective. I meditate first thing in the morning and the last thing at night. Meditation gives me clarity. *Christopher, Ione, CA*

I've completed or practiced the first two meditations so far. I found the Rose Cross meditation to be very inspiring. In *Start Now*, there was a meditation to help another in which one simply thinks of the person in their most desperate moment and meditate on the feelings that arise. Meditation has been the foundation and catalyst for remarkable changes in my interior and exterior life over the past two years. I'm actually pursuing positive thinking and being conscious of the creative power of thought. *Carl, Lexington, OK*

Some of your meditation techniques are similar to the exercises presented in the Siddha Yoga Meditation Course. Journaling, artwork and design practices. I have found that I am not as consistent with practicing these exercises as I would like to. This needs to become a more disciplined and

intentional practice now. In the book *How to Know Higher Worlds*, Steiner lays out a meditation exercise that involves an actual seed and an imitation seed. So I had one of my colleagues take a small rock to work and grind it down into the shape of a seed and then paint it the same color as the seed. An apple seed is what it was so I began to observe and contemplate the seed and the imitation seed to make note of the differences. I perceived the aura of the seed as different than the rock. *John, Ellsworth, KS*

I found the Rose Cross Meditation helpful, I also enjoy mandala meditation. *Sarah, Peal, MS*

I love studying mystical texts that open the mind's eye and activate intuition and insight. I meditate on verses of scripture to absorb the deeper meaning of the text. *Dante, Indian Springs, NV*

Meditation grounds me! It enables me to slow down my thoughts. And be more aware of existence. Mentally, I feel more acute. I feel very little stress. Emotionally, I have become more balanced. Physically, I feel great. I've shared the *Self-Development in the Penitentiary* booklet with others by way of small civic organization newsletter. Of course, it is always a challenge to work on self control, but these exercises enable me to understand the details of the process between thought and action. *Karl, Kinder, LA*

After reading Start Now and *How to Know Higher Worlds*, I have engaged in my daily exercises starting with control of thought. As my experiences grow I plan to increase the scope of my meditations. *Jason, Crushing, OK*

Anthroposophy has affected me by being calm and in control of my own actions and thoughts. Meditation is a prime key to freeing the mind of primal sin of the world. I've tried the Rose Cross meditation and it has been a blessing in my life. I have noticed negative patterns losing their steam by the skills I have gained through meditation and by controlling my angry thoughts and intentions towards others. *Wesley, Hardwick, GA*

I have practiced daily the 'thought exercises' and have only recently integrated the 'will exercise'. I plan to continue with each of those. The 'thought exercise' has actually helped me quiet and control my thought patterns on a single subject as opposed to my mind wandering. I have begun to see many facets of wisdom in all I do due to my concentration practices. I have also worked intensively on the meditation: *Fostering a Mood of Inner Quiet*, it has definitely helped me find that inner place of peace. I also like to review my day and calmly let wisdom from lessons of the day come out for reflection and use. *Joseph, Galesburg, IL*

I like to think deeply about the poems, imagining them as sort of a mantra. *Robert, Tennessee Colony, TX*

Meditation brings a sense of oneness and peace. Meditation also becomes a time to learn by going deeper into a word, phrase, image or concept than one normally would. There is a feeling that one has prepared one's instruments before playing them upon the stage of life. *Alexis, Holdenville, OK*

I meditate two times a day, morning and night. Meditation calms and brings me to a more focused clear state of thinking and dealing with life outside of myself. *Jeremy, Lewisburg, PA*

The Rose Cross Meditation and St. Johns prayer and others all proved true for me; enlightening and expanding. *Dwayne, Ione, CA*

- So What's Your Experience? -

One thing that caught my attention in your latest newsletter was the article *Life's Challenges* by Arthur Lups. I found therein an indirect connection to an issue I have noticed in my quest for self discovery, I've completely buried myself in studies, exercises, and developmental programs to the point of leaving no time to just sit back, process and bask in the work. Currently I am in the process of reevaluating myself and my practices so I can develop a friendlier study/practice program, leaving time to absorb. You can be assured that anthroposophy and APO will be its cornerstone. *Joseph, Galesburg, IL*

I enjoyed the newsletter article about *Remorse – Being Human* by Mark Robinson. It was right on time! I really enjoyed it!
Ronald, Huntingdon, PA

- SELF-AWAKENINGS -

EduCareDo Correspondence Course Response Summaries

Lesson 1 Introduction

The emphasis laid on change both in our outer and inner world was most important and closest to my heart in this lesson. Many individuals often have difficulty recognizing the fact that change is a process never completed – for it looks to the future. Consequently one should never become discouraged at the failing of a task because the next second brings another opportunity for accomplishment. I will transform my life into a living lighthouse of hope for others who struggle. *Aaron, Pontiac, IL*

Lesson 7 The Human Being in its Relationship to the World

The experiment on experiencing the soul struck a special place in my heart. Even as a child I have been subconsciously drawn to nature, as if some force or vibration in the trees, plants, animals, insects, etc. was calling out to me to recognize the link and life force we all share. I believe our soul recognizes this link first, but we are not sure what is happening - why we are drawn to nature. Why do we feel calm and balanced when experiencing nature's bounty? What is our role in the universal plan? These are some of the questions we ask ourselves but most of the time we are so caught up in the outside world of materialism and immediate gratification that we are blinded to the true essence of the universal life force inside of everything. The more I study and contemplate enlightenment, the more I assimilate knowledge into wisdom, the more my inner vision brightens and the curtain of my soul draws back to display the most incredible visions. I enjoyed the discussion on metamorphosis. While sitting outside I started thinking about nature. I noticed all the flowers, plants and undeniably a metamorphosis occurs. The contraction and expansion, the shedding and re-growth is also in humans. How many times do we shed an old ideology for a truer one? How many times do we go through growth processes internally, externally and spiritually to achieve maturity? Our physical body is constantly contracting and expanding to improve as well as our spiritual aspects. After years of this metamorphosis, our character is well developed and matured, ready to take on yet another stage of metamorphosis. Incredible is all I can say! *Robert, Cumberland, MD*

Lesson 13 Experiments with Elements, Ethers and their effects in Nature and in the Human Being

I understood some of the reasons for the colors of the sunset off in the distance. Acting in the light is moisture, dust and light. The reminder of the out going breath that goes into the atmosphere and what influences recede into the air with that breath. I will try to remember to think positive thoughts or change negative ones into positive ones. Spiritual science reminds me of who I am with myself and who I am to be with those around me. *Jerry, Delano, CA*

Lesson 15 Female and Male Spirituality

Important to understand is the “balancer” that helps us to strengthen our inner forces so that through our own inner efforts we can raise our consciousness and development up to the spiritual in freedom. I can work to develop consciousness by openly experiencing and learning the opposite. I can work at strengthening the Will to become *Nature Divine* and countering the darkening forces of Ahriman. I can to develop imagination to become *Soul Divine*, and strive toward the Love Being and countering the Lucifer temptation. I've consciously taken this lesson to heart and am working with questions that remain open by using optional answers that can move us forward rather than set us in stone. I also work with Symptomatology, Polarity, and Three-folding to understand the actual phenomena and develop consciousness that see the Being behind the phenomena, and to gradually cross the threshold as an honest and active balancer. *Mark, Anthony, NM*



Lesson 20 Ecological Social Economy part 2

New to me in this lesson if I have too much, if I use solely to gratify my self interest, then another is exploited; there were only selfish concerns for our needs, rather than for others. When I out of sheer self interest obtain something I act selfish and greedy, but when I have others interest at heart I am moving in love and peace. We work together for the common good of all humanity. Work to help others have love and peace. Work to produce love and good for the needs of others. Healthy thoughts bring forth a healthy body and mind. We are our actions and deeds. I am sharing my love and working to produce true love and peace and my family is better for it. I am more complete in my soul and more whole as a person and knowing myself more. *Dana, Smyrna, DL*

Lesson 21 Introduction to Biography Work

We can observe our own life by writing the biography of our life. A change of awareness comes when indentifying with our life's story in a deep and accepting way is to put in touch with our higher self that which initially prepared so much of our biography in the period of preparation towards rebirth. The karmic knots-destiny approaches us from outside and is brought to us through people. Karmic knots need to be unraveled or dissolved if possible. The tasks presented by these knots may be deeply personal, calling for love and forgiveness. Biography is something alive and in movement. It is possible in the midst of this movement to observe one's own life writing by indentifying with our own life's story in deep and accepting ways, which is to be put in touch with our higher self. We can come to the realization that the cause of what affects us now can lie further back than our early childhood, environment, or nature. Life is a composition of time phases from childhood to middle age to adulthood. This process of rediscovering past wisdom is a sign that we are starting to develop a more conscious form of practical understanding of the human being which is more holistic. *Freddy, Rosbaron, TX*

Freddy, In studying biography, we learn that we are the authors of our lives. Everyone is creating his own destiny through his thinking and deeds. We all look back on the past and wish that we could change some things. It is important to recognize our short comings as ignorance – that we lacked the deeper understanding at times of what we were really doing. To fill up with guilt, however, won't solve any problems because guilt is just self-judgment. We need to go back and understand our mistakes, for sure, and acknowledge that we can do better. Part of the healing process in biography entails seeing yourself as the person you were then and feeling who you are now. The person you are now can forgive the person you were then by seeing that younger person who lacked wisdom and giving him/her your love. You may want to go back through your life and write down all the major events that happened in order to see if you can find any patterns or connections. Sometimes events from the past have a connection to the future and it becomes obvious when you put them all down on paper. There is sometimes some very significant mirroring. For example, the period of ages 0-7 corresponds to the period of 56-63; the period of ages 7-14 corresponds to 49-56; the period of 14-21 corresponds to 42-49. From 21 to 28 years we are in a period of grace and after 63 years, the greatest part of our karma is over. Later years are used toward preparing for our next life. The life span is actually 72 years, but we live much longer now (72 years is a cosmic day). At this age, the sun leaves the star into which it entered when life began. The greatest aspect of biography work is relationships. We come here to deepen and form more intimate bonds with other human beings. If you have struggled in the past with certain individuals, it's probably because of a karmic “knot” from the past which needs to be worked out. Many relationships turn out to be blessings as well. Barbara, a mentor

In today's psychological language, a syndrome is a term describing a pattern of symptoms that characterize specific, chronic, social, or emotional states. The patterning arises only in particular situations and then it is as if the person becomes someone else as the reactive syndrome plays itself out in their soul. In past ages a syndrome would be called a demon since it takes over the person only in certain conditions that cause reactions. The image of the man wrestling a demon in a tight vessel is an image of dealing with reactions that are expressed without reference to the present condition, but rather are triggered by something in the present condition.

There is an exercise that can be used to get the demons to go somewhere else, it is called: *as if*. It is pretty fierce but it is quite effective. In past times, if someone wanted to get rid of a demon, a good way to do it was to try to get them to see themselves in a mirror. In past times people thought that looking into a mirror was dangerous because we can become captivated by our own image and develop strong egotism. In effect we become enchanted with ourselves. Other traditions felt that demons work through mirrors and gain entry into persons when they gaze into a mirror and are not conscious. There is a rich tradition of these ideas about mirrors.

A mirror represents the air level of the mandala of consciousness. It is the level where everything reverses, like our own image in a mirror. If I want to get rid of a particular reaction that has become chronic, especially around a particular person, it is like trying to get a demon to look into a mirror and see itself. When it sees itself, it becomes enchanted by its own image and will be revealed by the light of our consciousness and absolved. The *as if* exercise is a mirroring practice that is difficult to do, but very helpful.

I need to start with a clear feeling of myself. The best way to do this is to practice listening to my heartbeat. When I can hear my own heartbeat I get in contact with a deep level of my being that can offer strength and calm in agitated situations. I begin the *as if* exercise with finding my heartbeat. Next I imagine the person who is triggering my reactive syndrome or "demon" sitting across from me. If I feel the reaction start to take place when I visualize them, I stop visualizing them and then try to hear my heartbeat. Eventually I can visualize them and hear my heartbeat simultaneously. This is a great achievement, but is not the end of the process.

When I can tolerate holding an inner picture of them without freaking out inwardly, I can then imagine how it would be to speak *as if* I spoke the way they did. I try to feel just where they form their voice. Is it from their nose or the back of their throat or in their larynx that they project their voice? You are mirroring their speaking and the demon that is connected to you and them is being held in a mirror. It doesn't like that one bit.

Next, find your heartbeat and then imagine how it would be to move your hands and arms the way they do when they speak. Move your own hands and arms that way. You will feel like having a very strong reaction of blame and anxiety while doing this, but it is not really you who is anxious. It is the demon that is being drawn into the mirror that is very upset about having to be revealed to your mind.

This exercise takes work. It is not easy but it is quite productive. If you feel yourself becoming angry or aggressive stop the visualization and try to find your heartbeat. If you can find your heartbeat you can get through many difficult emotional situations.

In conclusion, in using the mandala as a tool for self transformation, we can become aware of inappropriate reactions imaginatively. To do that, we need to realize that the reactive pattern is a fact and that it is something that we cannot control easily, but that it is also not really who we are as an eternal being made of light. When we can learn to see the reaction as something that confronts us instead of seeing it as something that we are identified with; this is the 'revelation of the demon'. The recognition of a reactive pattern is alchemically a consciousness of air. Air is the awareness of 'otherness' in the soul. In the air consciousness there is 'air' between the 'other' and our self. It is surprising and quite healing when the 'other' who we have great issue with suddenly is revealed to us as a mere image in our own soul.

~Studying Together~

Some of you mention that you've begun to study with others. We would like to hear how this works for you and your study group. Please continue to share your experiences with us!

I have two study partners. We study together in the evenings in the dorm of 96 people. We do the best that we can.
Brother Gerald, Dillwyn, VA

I share its effects mostly with those I study with. It gives each of us a chance to see ourselves through others' perspectives. It helps as well to make it easier for us to see the true cause and effect so the changes that we do make are not of a self-induced false perception that will lead back along the road of regression.
James, Sneads, FL

I've made a few new contacts inside this prison who also do your program. Before I was isolated and now, the circles I travel in have changed because I opened the door to my closed mindedness. It's been tough to live in this world (prison life) until

your program and methods have shown me differently! If I can change inside a place with a level of madness that's very real and serious, then change is possible anywhere!

Daniel, Soledad, CA

I do have some friends that are like minded, we are presently working toward a study group where we may explore ideas and share materials. *Alexis, Holderville, OK*

At one time I led a group of five men with four others showing interest. Many bystanders and onlookers did not understand why there was no arguing or preaching. They could not understand what a Jew, a Catholic and a Church of Christ member could be studying together. *Robert, Venus, TX*

Illuminating Anthroposophy
Anthroposophical Prison Outreach Newsletter

Meditative Verse

Look back on the events of the day from evening to morning.
Picture the blue orb of heaven, with the great multitude of stars:

EVENING:

*With silent reverence
Into the depths
of space
Go forth the vision
of my soul.
Thence to receive
And pour into my heart
Light and love and life
From spiritual worlds.*

(Restfulness of soul)

MORNING:

*The mind pictures the Rose Cross
What through this emblem
The Spirit of the World
Is speaking to my heart –
May it imbue my soul
At all times,
In all contingencies.
With light and love and life.*

(Restfulness of soul)